

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 10: Belief about the Number of Servings of Fruits and Vegetables Needed for Good Health (Phone Sample)

How many total servings of fruits, ~~fruit juice~~, and vegetables ~~or salads~~ do you think you should eat every day for good health?

	Servings of Fruits and Vegetables Believed Needed, Percent of Children ¹		
	0-2	3-4	5+
Total	13	32	55
Gender			
Males	12	26	62
Females	15	38	47
Ethnicity			
White	15	36	49
African American	19	31	50
Latino	11	27	62
Asian/Other	13	36	51
Income			
≤\$19,999	14	35	51
\$20,000 - \$49,999	12	27	61
≥\$50,000	14	34	52
Federal Poverty Level			
≤ 185%	11	29	61
> 185%	14	33	52
Food Stamps			
Yes	4	39	56
No	14	31	55
Overweight Status			
Not at Risk	16	36	48
At Risk/Overweight	8	24	67
Physical Activity			
≥60 minutes	16	28	56
<60 minutes	11	36	53
School Breakfast			
Yes	13	17	70
No	14	34	52
School Lunch			
Yes	9	29	61
No	18	35	47
Nutrition Lesson			
Yes	12	33	54
No	15	29	56
Exercise Lesson			
Yes	12	26	62
No	16	44	39

¹ Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001